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# CATHOLIC MARRIAGE

Keeping the  
Flame Alive





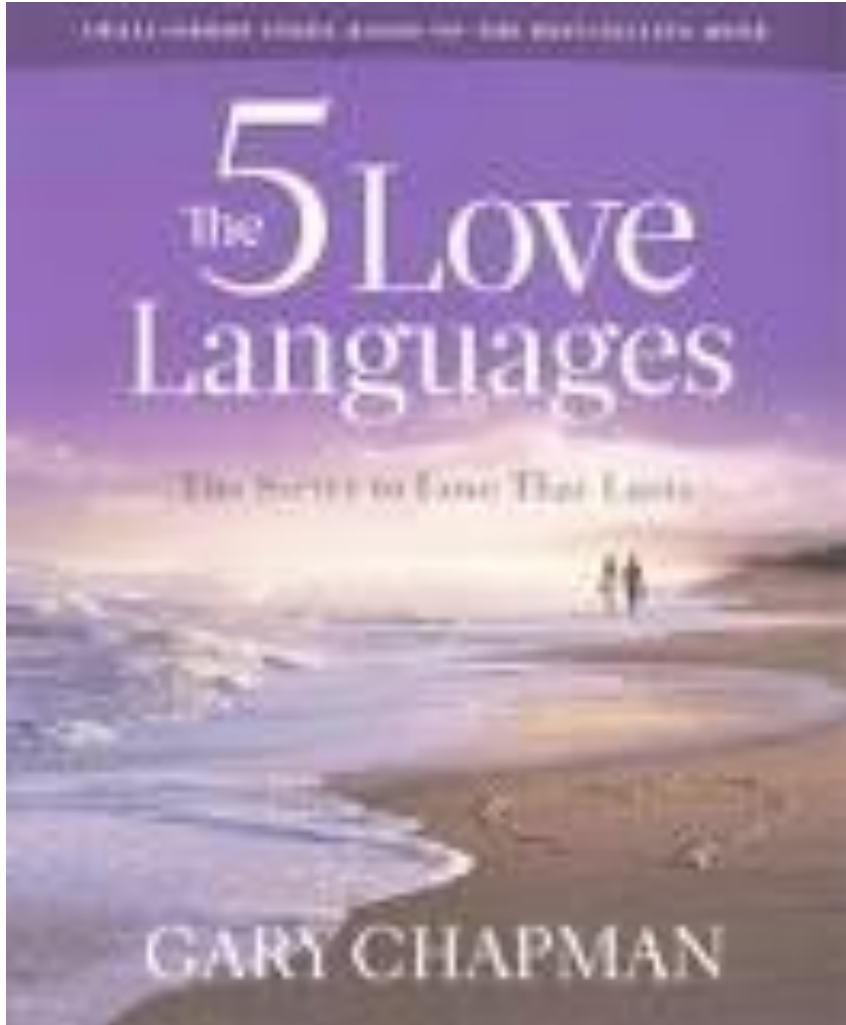
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THE TANK AND THE TOOLKIT

# LOVE YOUR SPOUSE AS THEY WISH TO BE LOVED

## THE FIVE LOVE LANGUAGES

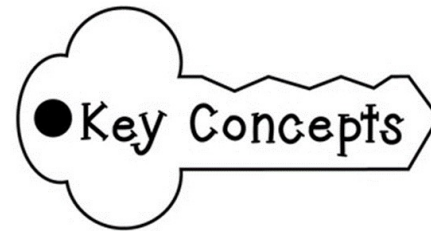
- Words of affirmation
- Quality time
- Receiving gifts
- Acts of service
- Physical touch



## PRIMARY LOVE LANGUAGE

– one's preference for how to give and receive love.

**LOVE TANK** - We each have a "love tank" that needs to be filled.



**DIALECTS** – variations on the love language.

**SECONDARY LOVE LANGUAGE** – other love languages you value.

# LOVE

- Love can exist only where there is the **freedom to choose**. It cannot be **coerced**. It does not demand, it **requests**.
- Allowing oneself to be used or **manipulated** by another is not an act of love. It is, in fact, an act of treason”.
- Some one who is your **doormat** “can be your servant but not your lover.”

*“Let **love** and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.” – Proverbs 3:3*

# THE LOVE LANGUAGE

- “What makes one person **feel loved emotionally** is not always the thing that makes another person feel loved emotionally”.
- “**Ignoring our partner’s love language** is like ignoring the needs of a garden”.

# THE LOVE TANK

- We each have a “**love tank**” that needs to be filled.
- **The need to feel loved** is an essential part of our human development.
- When our spouse’s emotional **love tank is full** they feel secure in our love... the world looks bright and they can then move out to reach their highest potential.

# FALLING IN LOVE

- The “**in-love**” **euphoric experience** (infatuation) typically lasts about two years and is often worn away by routine and resentment.
- The **character traits** that first attracted us to our partner can become annoying.
- When the euphoria of the “in-love” experience wears off the hard work of “**real love**” must occur. “This kind of love is emotional in nature but **not obsessional**. It is a love that **unites reason and emotion**. It involves an **act of the will** and requires discipline, and it recognizes the need for **personal growth**”... ““**True love**” cannot begin until the “in-love” experience has run its course.”



# WORDS OF AFFIRMATION

- **Words of affirmation** build up the other person.
- **Encouraging words** inspire courage.
- **Kind words** communicate love.
- **Humble words** – “Love makes requests, not demands.”
- “**A soft answer** turns away anger” – *Proverbs 15:1*
- “**Forgiveness** is the way of love”...only when we “choose to forgive can intimacy be restored”.

*“The tongue has the power of life and death” – Proverbs 18:21*

# QUALITY TIME

- We **make time** for what (and who) we love. Scheduling quality time together is an essential ingredient to a healthy marriage.
- **Quality time** gives someone your undivided attention... it requires **focussed attention** amid competing distractions.
- “**Quality conversation** is empathetic dialogue where two individuals are sharing their experiences, thoughts, feelings and desires in a friendly, uninterrupted context.”

“There is a time for everything, and a season for every activity under the heavens” – *Ecclesiastes 3:1*

# QUALITY TIME

- Learning to talk – quality conversation requires not only empathetic listening but also **self-revelation**”.
- It means doing something with the other person that they enjoy and doing it **whole heartedly**.
- **Quality activities** do not require that you enjoy the activity equally... you take turns loving each other by doing what the other enjoys.

*“Submit to one another out of reverence for Christ.” – Ephesians 5:21*

# RECEIVING GIFTS

- Giving gifts is not about materialism, they are a **visual symbol** and **tangible reminder** of love.
- Gifts need **not be expensive**, nor must they be given weekly”... for some individuals, the worth of a gift has more to do with the **love with which it is given** than it’s monetary value.
- **The gift of self** – “being there when your spouse needs you speaks loudly to the one whose primary love language is receiving gifts”.

*“A gift opens doors for the one who gives it and brings him into the presence of great people.” – Proverbs 18:16*

# ACTS OF SERVICE

- Acts of Service is **doing things** you know your spouse would like you to do. You seek to please by serving.
- Acts of Service, “if done with a **positive spirit**... are indeed expressions of love”.
- “What we do for each other **before marriage** is no indication of what we will do after marriage”.

*“Serve one another humbly in love”. - Galatians 5:13*

# PHYSICAL TOUCH

- “Physical touch can **make or break** a relationship. It can communicate hate or love”.
- “Do not **make the mistake of believing** that the touch that brings pleasure to you will also bring pleasure to her”.
- **Crises** provide a unique opportunity for expressing love... tender touch will be remembered...failure to touch may never be forgotten.”

*“Cherish her, and she will exalt you; **embrace** her, and she will honor you.” – Proverbs 4-8*

# TOOLKIT



DAILY TALK TIME



WEEKLY DATES



TIME OUT/TIME  
IN STRATEGY



TWO MINUTE  
LISTENING

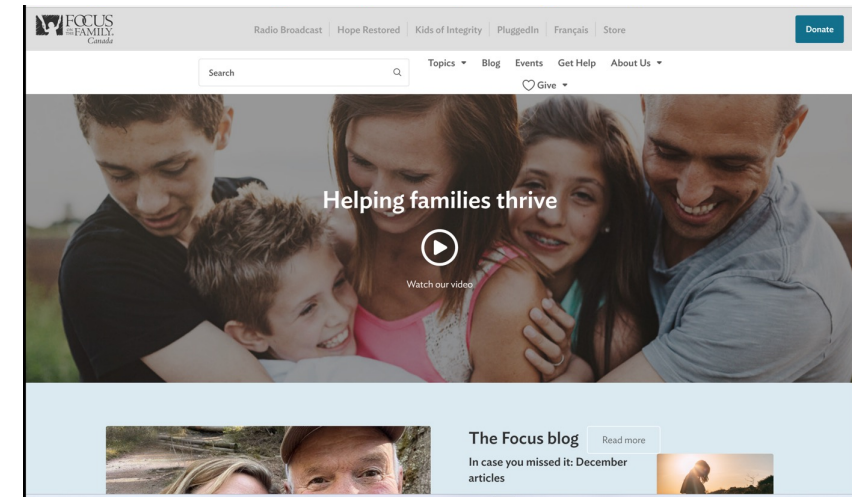
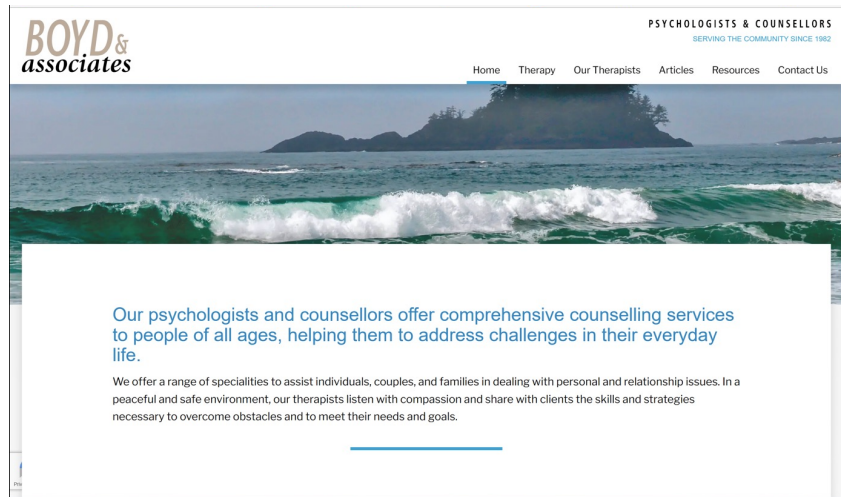


RANDOM ACTS  
OF KINDNESS

*<sup>4</sup> Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup> Love does not delight in evil but rejoices with the truth. <sup>7</sup> It always protects, always trusts, always hopes, always perseveres.” 1 Corinthians 13: 4-7*



# RESOURCES...



- [www.5lovelanguages.com](http://www.5lovelanguages.com)
- [Making Marriage Work | Dr. John Gottman - Bing video](https://www.youtube.com/watch?v=...)
- [Home - Boyd & Associates Counselling Inc. \(boydandassociates.ca\)](http://boydandassociates.ca)
- <https://www.focusonthefamily.ca/content/free-video-series-enrich-your-marriage>
- <https://www.dynamiccatholic.com/bettertogether/>

# Contact

[don.lasell@gmail.com](mailto:don.lasell@gmail.com)

